

# the MENTAL HEALTH & N WELLBEING of YOUNG PEOPLE

Leading experts deliver up to date, authoritative information. A practically oriented, multi-disciplinary approach to common issues impacting the wellbeing of young people.

**ALL NEW  
2017  
PROGRAM**

**CANBERRA**  
Friday 9 June – 9.00am-5.00pm  
Llewellyn Hall, Australian National University



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EXCITING SPEAKERS • IMPORTANT ISSUES • INTERACTIVE MUSIC



**Collett Smart**  
Psychologist, Educator  
and Writer  
Talking to Young  
People about Porn



**Greg Gebhart**  
Office of the Children's  
eSafety Commissioner  
Cultivating Digital  
Intelligence &  
eSafety



**Prof Jennie Hudson**  
Psychologist  
Anxiety Disorders  
in Young People



**Dr Claire Kelly**  
Mental Health First Aid  
Conversations We  
Should Be Having  
with Teens about  
Mental Health



**Melissa Abu-Gazaleh**  
CEO, Top Blokes FNDN  
Managing Anger  
& Aggression: A  
Practical Approach



**Andrew Fuller**  
Psychologist  
Preventing  
Depression in  
Young People

## WHAT IS GENERATION NEXT?

A social enterprise providing education and information to protect and enhance the mental health of young people. Our objective is to raise community awareness of mental illness through increasing mental health literacy, reducing associated stigma and positively influencing individual and community behaviour to improve the mental health of young people.

“ The seminar was fantastic. My brain is still buzzing!  
Full of ideas and options to incorporate. ”

## EDUCATION POINTS

- **Teachers:** This seminar constitutes 5 hours of TQI accredited professional development at Proficient Teacher Level.
- **Nurses:** 6 CPD hours, ACN Approved
- **Social Workers:** 8 CPD hours, AASW Approved

See generationnext.com.au for more information.

Discount registrations online [www.generationnext.com.au](http://www.generationnext.com.au)

# PROGRAM

REGISTRATION FROM 8.00am  
SEMINAR: 9.00am – 5.00pm  
EACH LECTURE 30 – 40min

TOPIC	SPEAKER
Managing Anger & Aggression: A Practical Approach	Melissa Abu-Gazaleh
The Dismantling of Girls' Wellbeing: Issues and Solutions	Maggie Hamilton
Gamblification in Gaming: Tricks Used to Financially Exploit Kids	James Driver
MORNING TEA & RESOURCES EXHIBITION	
Preventing Depression in Young People	Andrew Fuller
The Changing Environment of eSafety and the Importance of Digital Intelligence	Greg Gebhart
LUNCH & RESOURCES EXHIBITION	
<b>Rhythm for Social-emotional Learning</b> (Whole Audience)	Holyoake Drumbeat
Anxiety Disorders in Young People	Prof Jennie Hudson
Conversations We Should Be Having with Teens about Mental Health	Dr Claire Kelly
AFTERNOON TEA & RESOURCES EXHIBITION	
Nurturing a Healthy Mind: Common Sense Strategies for Wellbeing	A/Prof Michael Nagel
Talking to Young People about Porn	Collett Smart

Program subject to change without notice. For the most up to date program and a list of speakers, visit [www.generationnext.com.au](http://www.generationnext.com.au).

## CANBERRA 9 JUNE 2017

### WHO SHOULD ATTEND

- Teachers, Principals, Student Welfare Officers, Leaders
- Psychologists, Counsellors, Doctors, Nurses, OT
- Social & Youth Workers, Pastoral Care, Parents, Police
- Schools, Youth Organisations, Clinics, Churches, Sporting Clubs

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### REGISTRATION INCLUDES

Program, lecture notes and satchel, morning tea, lunch, afternoon tea, attendance certificate, access to stakeholders' and resources exhibition.

### VENUE TRANSPORT & PARKING

Llewellyn Hall, ANU School of Music Building, 100 William Herbert Place, Canberra, ACT, 2600. Limited paid parking available onsite. Please see <http://www.action.act.gov.au/> for information and timetables to plan your trip.

- Canberra Elite 13 22 27
- Cabxpress 1300 222 977

## INTERACTIVE SESSIONS

### RHYTHM FOR SOCIAL-EMOTIONAL LEARNING



Explore the power of rhythm and drumming as tools to promote wellbeing, build positive relationships and enhance social skills. There will be a session featuring Holyoake's DRUMBEAT and DRUMBEAT Quest, a rhythmic adventure game exploring themes such as peer pressure, bullying, mental health and more!

### SPECIAL SESSIONS

Find out the most up to date information about youth wellbeing and mental health support services direct from the source, including featured presentations on evidence-based and effective social and emotional learning programs.

### FREE ONLINE RESOURCES



[facebook.com/gennextcommunity](https://facebook.com/gennextcommunity)



[@GenNextVoice](https://twitter.com/GenNextVoice)



[youtube.com/c/GenerationNextCommunity](https://youtube.com/c/GenerationNextCommunity)



## Preventing Depression in Young People



Andrew Fuller, Child and Adolescent Clinical Psychologist, Inyahead

We know that prevention is always better than cure, but what does the science say when it comes to depression? This presentation considers evidence-based strategies to build resilience and equip young people with social and emotional skills that can help safeguard against the onset of depression.

## The Dismantling of Girls' Wellbeing: Issues and Solutions



Maggie Hamilton, Author and Researcher

It's a complex time to be a girl right now. Why the fear of missing out, the obsession with social media? Why are girls' lives focused on 'managing their brand' and what does this demand of them? This presentation explores the reasons behind girls' lack of self-esteem, their increasing sexualisation, and ways to help them reclaim their sense of choice, dignity and self-worth in a culture of self-hate.

## Anxiety Disorders in Young People



Prof Jennie Hudson, Psychologist and Director, Centre for Emotional Health

If we want to raise healthy adults then we need to focus on raising emotionally healthy children. Anxiety disorders are the most common mental disorders and emerge the earliest. This presentation explores the development of anxiety, treatment options and how to best support young people.

## The Changing Environment of eSafety and the Importance of Digital Intelligence



Greg Gebhart, Senior Education Trainer, Office of the eSafety Commissioner

With a rapidly changing online environment, it is vital that we equip young people with skills to make positive choices. This presentation demonstrates how to cultivate digital intelligence to help youth stay safe, positive and responsible online, as well as presents creative models for effective education around online issues such as cyberbullying.

## Managing Anger & Aggression: A Practical Approach



Melissa Abu-Gazaleh, 2016 NSW Young Australian of the Year, Founder, Top Blokes Foundation

Young people are often stereotyped as angry and aggressive, but how true is this? This presentation explores the relationship between anger and the mind, provides practical tips to manage it and demonstrates how young people can channel anger for a purpose to make a difference in the community.

## Conversations We Should Be Having with Teens about Mental Health



Dr Claire Kelly, Manager, Youth Programs, Mental Health First Aid Australia

Adults are often wary of discussing mental health with teenagers. Many have internalised pervasive myths about risks associated with talking about mental health. Others just do not feel confident that they can communicate well with them when it comes to sensitive topics. This presentation highlights practical and simple tools which will help you to talk effectively about mental health to the young people in your life.

## Nurturing a Healthy Mind: Common Sense Strategies for Wellbeing



A/Prof Michael Nagel, Researcher and Author, University of Sunshine Coast

Neuroscience has provided us with a radically new understanding of how the brain grows and develops. Worryingly, it has also been used to perpetuate a number of myths about building 'better brains'. This presentation focuses on debunking these by looking at contemporary research into how the brain matures and develops, how nurture impacts on nature, and the implications of this as we use common sense strategies for enhancing wellbeing and overall development.

## Gamblification in Gaming: Tricks Used to Financially Exploit Kids



James Driver, Psychotherapist and Founder, NetAddiction NZ

The world of videogames and gambling are increasingly overlapping, with game developers often using various tricks to financially exploit young people. Free-to-play games are often designed to 'train' young people to engage in various forms of gambling. This presentation provides a better understanding of the creeping gamblification of games, how we can intervene and strategies to help young people better manage this issue.

## Talking to Young People about Porn



Collett Smart, Psychologist, Educator and Writer

Porn is contributing to a growing public health crisis, but what can we do? Should we talk about porn with children and teens? Who is best placed to do so, and crucially, what do they need to know? This presentation explores practical, age-appropriate strategies for schools, professionals and any concerned adult on the 'how to' and 'what' of conversations with children and teens about sexualised images and pornography.

# GENERATION NEXT

[www.generationnext.com.au](http://www.generationnext.com.au)

## The Mental Health & Wellbeing of Young People 2017 Canberra

### REGISTRATION FORM

FRIDAY 9 JUNE

CANBERRA	ONLINE ONLY	FAX, MAIL OR PHONE
SUPER EARLY BIRD (Until 31 March)	\$199	<input type="checkbox"/> \$199
EARLY BIRD (Until 19 May)	\$215	<input type="checkbox"/> \$225
STANDARD (After 19 May)	\$240	<input type="checkbox"/> \$250
GROUP (3+) Discount — For bookings of 3 or more, must be made in a single transaction.	\$150pp	<input type="checkbox"/> \$150pp
STUDENT LEADERS (YR 11-12) — EMAIL ONLY <input type="checkbox"/> \$50pp Email completed form with copy of student ID to <a href="mailto:info@generationnext.com.au">info@generationnext.com.au</a>		

I am a ☐ Teacher ☐ Psychologist ☐ Counsellor ☐ Nurse ☐ Social Worker ☐ Parent ☐ Youth Worker ☐ Student# ☐ Other \_\_\_\_\_  
 Dietary Choice ☐ Gluten Free ☐ Vegetarian ☐ Vegan # PLEASE ATTACH COPY OF STUDENT ID

TO ENSURE YOU RECEIVE YOUR DELEGATE ENTRY TICKET, PLEASE PROVIDE YOUR HOME ADDRESS BELOW

\*denotes required information

Title \* Given Name \* Surname \* \_\_\_\_\_

Organisation \_\_\_\_\_ Email \* \_\_\_\_\_

Home Address \* \_\_\_\_\_

State \* \_\_\_\_\_ Postcode \* \_\_\_\_\_

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ALL CORRESPONDENCE (e.g. TAX INVOICE, CONFIRMATION OF REGISTRATION, SUPPLEMENTARY EDUCATIONAL MATERIALS) WILL BE SENT BY EMAIL  
 REGISTRATION WILL ONLY BE CONFIRMED ONCE PAYMENT HAS BEEN RECEIVED

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Cheques are to be made payable to: "Generation Next Australia Ltd" All Prices are in Australian Dollars (AUD) inclusive of GST.

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RETURN YOUR REGISTRATION FORM & PAYMENT TO **GENERATION NEXT** PO BOX 500 BURWOOD NSW 1805 or FAX 1300 797 792

Program is subject to change without notice. Events will proceed subject to demand. CANCELLATION: See [www.generationnext.com.au](http://www.generationnext.com.au) Generation Next ABN: 54 141 575 037

